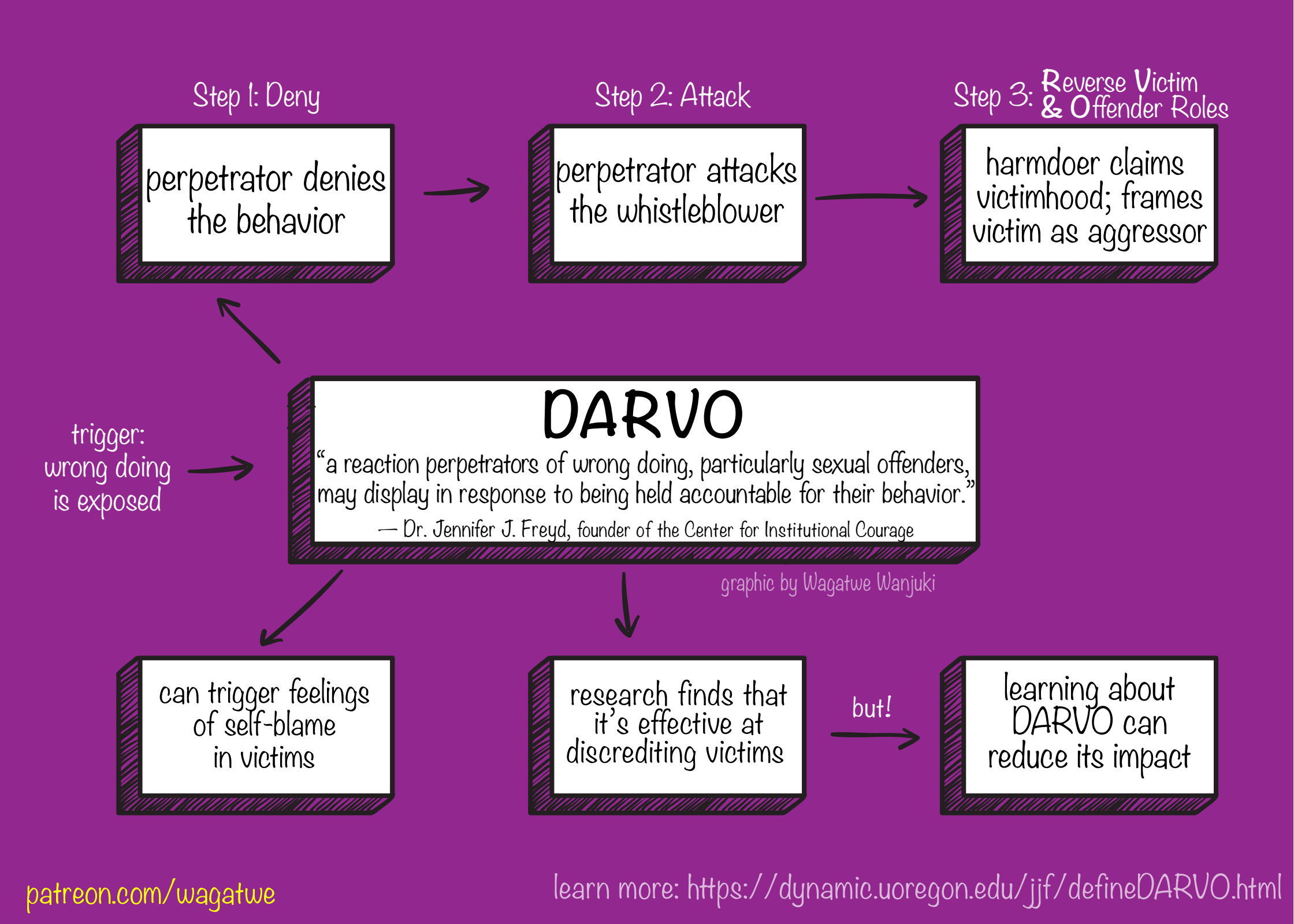
Step 1: Deny
perpetrator denies the behavior
Step 2: Attack
perpetrator attacks the whistleblower
Step 3: Reverse Victim & Offender Roles
harmdoer claims victimhood; frames victim as aggressor
trigger: wrong doing is exposed
DARVO
"a reaction perpetrators of wrong doing, particularly sexual offenders, may display in response to being held accountable for their behavior."
— Dr. Jennifer J. Freyd, founder of the Center for Institutional Courage
graphic by Wagatwe Wanjuki
can trigger feelings of self-blame in victims
research finds that it's effective at discrediting victims
but!
learning about DARVO can reduce its impact
patreon.com/wagatwe
learn more: https://dynamic.uoregon.edu/jjf/defineDARVO.html